

Problems in Therapy



- Assuming two things are connected when they're not
 - Ex. Close mother/Distant father and disorder
- Solution: Use a validated instrument



- Attend to confirmatory information based on diagnosis, even if diagnosis is wrong
- Solution: follow-up tests and second opinions





- Specialization or interest may guide questions during an interview
- Solution: standardized interview questions




- Behavior deemed abnormal to us may not be to others
- Cultural norms for seeking help
- Solution: Dialogue with professionals in these cultures for what is acceptable and what is not.




- Judgmental heuristics applied to clients
 - This person is "A" so they won't do it again
- Solution: Use statistical predictive tools
 - Ex. MN-SOST and predicting sex offender recidivism

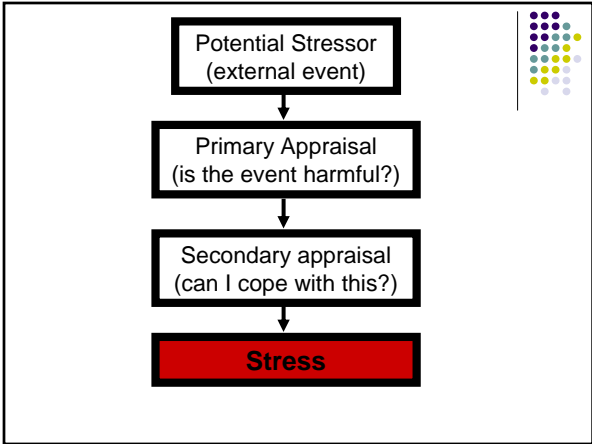
Stress



Definition

A person's response to events that are threatening or challenging





Primary Appraisal



Weiss (1970) Study

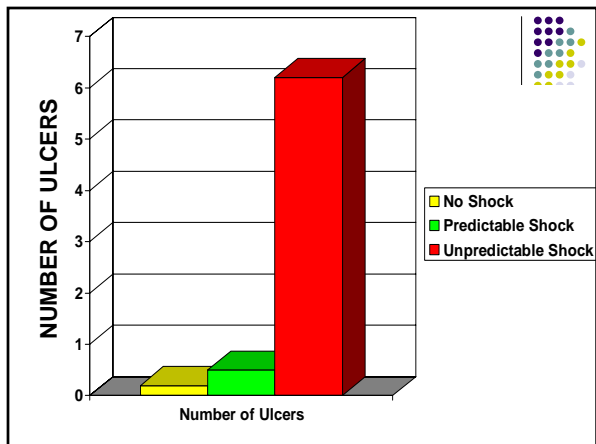


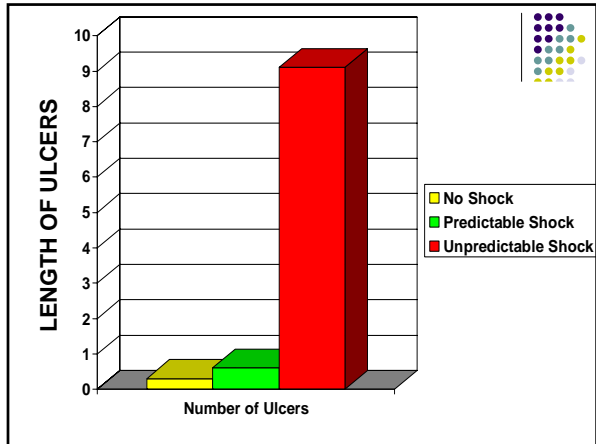
Independent variable:

- _____ shock
- _____ shock
- _____ shock

Dependent variables:

- Number of ulcers
- Length of ulcers





Type A Personality

- ## Characteristics
- Competitive achievement motivation
 - Time urgency
 - Hostility when frustrated
 - Leads to cardiovascular disease
 - Negative relationship outcomes

Coping with Stress



Primary Appraisal Solutions



Social Psych. Fundamental



- People's perceptions of a situation are more important for understanding their behavior than are the objective features of the situation
- Thus, an event is not stressful unless it is perceived as dangerous or harmful

Alter Perceptions

- If work is very stressful, then view work as only one part of life.
- Viewing a breakup not as a failure, but rather as a release from an unpleasant relationship.
- Interpret a job transfer as an exciting new opportunity rather than as a stressful event.

Attributional Style

- positive events = stable and global
- negative events = temporary and specific

Secondary Appraisal Solutions (“Buffers”)

Reduce

- Meditate
- Count to 10
- Take a walk
- Listen to calming music
- Breathing techniques



Nutrition



Brown (1990) Study

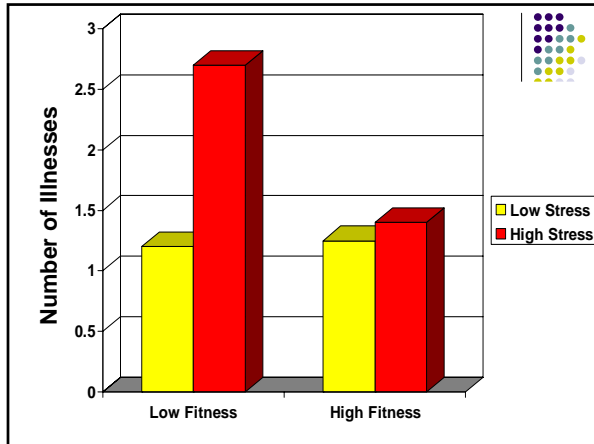
Predictor variables:

- Low vs. high _____
- Low vs. high _____ (negative life events)

Response variable:

Illness (Student Health Center visits)





Social Solutions

- Emotional disclosure
- Fundamental in therapy
- Positive relationship outcomes

Dimensions of



- Emotional support & Esteem support
 - Works best when person sees event as uncontrollable
- Tangible aid & Informational support
 - Works best when person sees event as controllable
- Social integration or network support

Berkman & Syme (1979)



- Over 6,000 California residents were questioned about their social support.
- Nine years later, they calculated the death rates for both men and women

